

# Growing Healthy Families

ST. ALBANS DISTRICT OFFICE • Vermont Department of Health, WIC Program  
27 Federal Street, Suite 201, St. Albans, VT 05478 • 1-802-524-7970 or 1-888-253-8801

All activities are FREE  
of charge!

## Prenatal breastfeeding group

**Preparing for birth  
and the first 10 days**  
Tuesday, December 1  
6:00–7:30 p.m.  
Family Birth Center  
Conference Room, NMC

Monday, January 11  
Noon–1:30 p.m.  
WIC Office, 3rd Floor

Wednesday, February 3  
6:00–7:30 p.m.  
Family Birth Center  
Conference Room, NMC

For prenatal women considering breastfeeding. Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding and learn the signs that breastfeeding is going well. Fathers and grandparents are welcome, too!

## Breastfeeding moms' group!

First Wednesday of every month  
beginning November 4  
10:30 a.m.–Noon  
130 Fisher Pond Road  
St. Albans  
(unless otherwise stated)

Join us for breastfeeding group!  
We will be meeting once a month for crafts, making baby blankets, snacking, and hearing from the experts. For pregnant women, moms, or anyone interested in learning more about breastfeeding.

Sign up by contacting Margaret Maley at 393-6591 or email [Margaret.Maley@ncssinc.org](mailto:Margaret.Maley@ncssinc.org).

## Latch on! Discussion groups

Third Saturday of every month,  
10:00 a.m.–Noon  
Family Birth Center  
Conference Room, NMC

You may be wondering things like: Is my baby getting enough? What if my baby breastfeeds constantly? What about going back to work? Bring your questions and learn about breastfeeding. Share your stories in a relaxed and caring environment. Enjoy light refreshments and connect with other moms. Babies and pregnant moms always welcome!

Call 524-1040 for more information.

## Looking for playgroups in your community?

Visit [www.BuildingBrightFutures.org](http://www.BuildingBrightFutures.org) for the calendar of events or call the WIC office at 524-7970 for a listing of events in your area.





## Get WIC your way with the new WIC card!

More choices and greater convenience are coming your way as WIC changes from home delivery of WIC foods to a new electronic benefits card. Starting March 2016, you will shop for all your WIC foods at major supermarkets using the new WIC card.

### **More choices**

With an expanded number of WIC-approved food items, you will get to choose among many different brands for dairy, eggs, peanut butter, whole grains, fruits and veggies, cereals and more! Exciting new additions to the WIC food list are yogurt, whole wheat pasta and tortillas.

The WIC card does not change the amount of WIC food benefits you receive, but it will give you more flexibility to buy what you want each month, when you need it. WIC is also expanding our nutrition education offerings so you will have more opportunities to get ideas and make connections that will help you keep your family healthy and happy.

### **Getting your card**

Bring your family to an eWIC Learning Session to get familiar with the new food choices and to see how the WIC card works. Watch for the schedule of dates with your home deliveries. We'll also post the schedule on the Vermont Department of Health WIC website and the St. Albans Facebook page. Sign up early so you won't miss out when it's time to shop. After attending the eWIC Learning Session, you will receive your new WIC card in the mail.

### **Ready, set, shop!**

Home delivery for St. Albans District Office WIC families will end the last week of February, 2016. You'll be able to use your new WIC card in authorized stores beginning March 1st. Your food benefits will be re-issued every three months, either at a WIC appointment, a group event, or after completing an online nutrition activity.

The new WIC card will give you more flexibility, expanded choices, and greater convenience in using your WIC food benefits. It's one of the ways WIC is working hard to be your trusted source for good nutrition.

Learn more at **[healthvermont.gov/wic](http://healthvermont.gov/wic)**  
or **[facebook.com/vdhstalbans](https://www.facebook.com/vdhstalbans)**